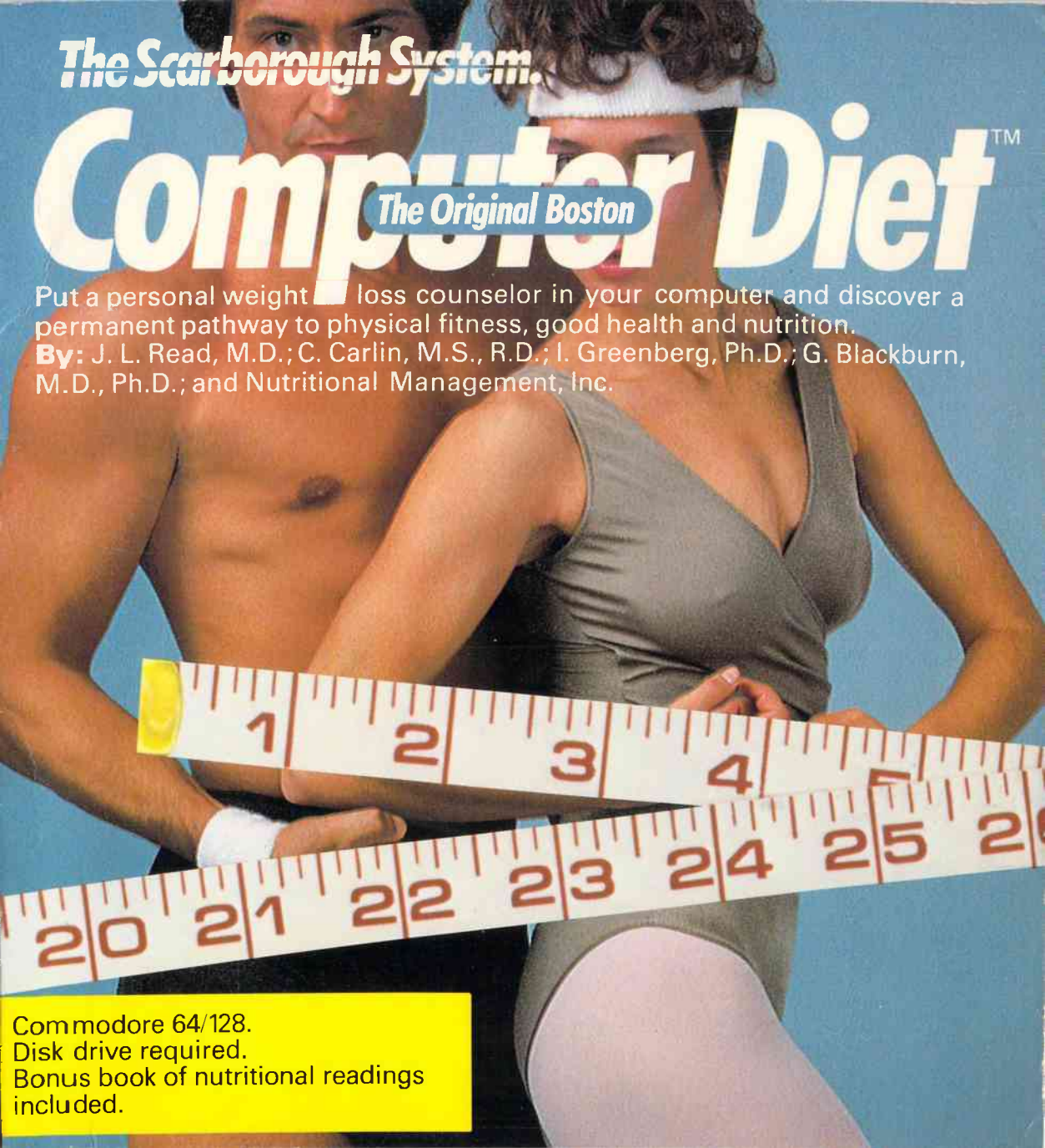
The Scarborough System
Computer Diet™
The Original Boston
Put a personal weight loss counselor in your computer and discover a permanent pathway to physical fitness, good health and nutrition.
By: J. L. Read, M.D.; C. Carlin, M.S., R.D.; I. Greenberg, Ph.D.; G. Blackburn, M.D., Ph.D.; and Nutritional Management, Inc.
Commodore 64/128.
Disk drive required.
Bonus book of nutritional readings included.

The Original Boston Computer Diet. A word from the authors of The Original Boston Computer Diet.

This easy-to-use program acts as a personal fitness and weight loss counselor. Day by day, it analyzes your nutritional requirements, monitors your eating and exercise habits and suggests meal plans.

The Original Boston Computer Diet is a step-by-step program in which your personal behavioral and eating habits are analyzed and defined. At each session with "your computer counselor" (as little as 15 minutes each, at home or in the office), new insights into personal habits are discussed and then remedial tactics are suggested. To supplement your use of the program, an extensive series of optional readings are included. Designed for people who have weight-loss problems of ten to

forty pounds, The Original Boston Computer Diet will help you set realistic goals whose pursuit will lead to an ego-satisfying reward of lifelong good health and nutritional habits and physical fitness.

Boston, Mass.
Nov. 15, 1984

J. Leighton Read, MD
Eric Carlson
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Nutritional Management, Inc.

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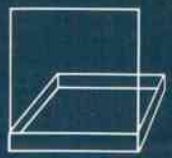

You can turn our box into an easel.

ISBN 0-916377-27-X

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Computer Diet™

The Original Boston

The Scarborough System.

Commodore

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The diskette or cartridge you purchased has been manufactured, inspected and tested under the finest quality control standards. With reasonable care and treatment, it should provide the user with many hours of entertaining, trouble-free use.

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The Original Boston Computer Diet. This product tailors a program of weight loss and lifelong good health based on the user's physical attributes, personal history and emotional habits. Developed by a team of nutritional specialists and medical doctors, The Original Boston Computer Diet will change the way you approach weight control. *Available for IBM, Apple and Commodore 64.*

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Master Disk (Side 1)

Computer Diet™

(The Original Boston)

Commodore 64®

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Daily Disk (Side 2)

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